



BACKCOUNTRY TRAILS PROGRAM: IMPORTANT INFORMATION TO CONSIDER

- Selected members not only become Backcountry Trails Program crew members, but they are also considered part of the CCC and AmeriCorps. Thus, members are subject to both program's policies in addition to the Backcountry Trails Program policies.
- All members selected may be required to perform a physical fitness test at orientation that will test their ability to complete 25 pushups in 2 minutes, 50 sit-ups in 4 minutes, and a 3 mile hike carrying a minimum of 40 pounds of gear within 1 hour.
- Thoroughly consider your ability to deal with being isolated from your friends and family for five months with having mail as your main source of contact with the outside world. Also consider that there may or may not be visitors allowed on your crew.
- The cost of gear required for the Backcountry Trails Program generally ranges between \$500 and \$1000.
- The Backcountry Trails Program is an extremely structured and regimented program with many rules and policies. There is very little unsupervised time.
- The Backcountry Trails Program enforces a strict "Buddy System" policy. Therefore, there is no hiking, exploring, swimming, or backpacking alone while in our program. The only alone time our members get is when they are in the immediate vicinity of camp.
- Consider your ability live and work in primitive conditions in a variety of weather conditions, and without modern technology like cell phones, computers, iPods, etc.
- Consider your current lifestyle, physical health, and your ability to perform extremely physically demanding labor for at least eight hours a day for five months.
- If you have any medical conditions and/or are taking medications, you should consult your doctor about the rigors and conditions of our program before applying.
- We CANNOT accommodate a vegan diet or some special needs diets that are extremely restrictive by nature due to cost, logistics, and supply availability constraints.
- Consider your desire and ability to remain sober for five months.
- We highly recommend obtaining a U.S. Passport if you are considering applying to our program.
- For those in financial need, the BCTP can provide most required gear except for the large backpack. Issued gear must be returned and in working condition or you will be charged for it.